



Des de **t** 1979

FLAX & KALE

— CUINA FLEXITERIANA —

Weekend Brunch

Dissabtes, Diumenges i festius de 10h a 17h

Weekend Brunch

Sábados, Domingos y festivos de 10h a 17h

Weekend Brunch

Saturdays, Sundays and bank holidays from
10 am to 17pm

www.teresacarles.com/fk

CAT: Si vostè és al·lèrgic o intolerant a qualsevol tipus d'aliment, si us plau feu-nos-ho saber el més aviat possible.

ESP: Si usted es alérgico o intolerante a cualquier tipo de alimento, por favor notifíquelo lo antes posible.

ENG: If you're allergic or intolerant to any kind of food, please notify us immediately.

Eat better Be happier Live longer



*FLAX&KALE is a Healthy Flexitarian Restaurant. All the dishes are designed not only to maximize the organoleptical pleasure, but also considering their nutritional value. 80% of our offer is Plant-Based and the remaining 20% are recipes that contain Oily Fish. Nowadays there are hardly any doubts about the correlation between a proper diet and a strong illness-free health. We feel passionate about feeding you better thus you can be happier and live longer with an optimal health.
Welcome to the fascinating world of Tasty + Healthy + Sustainable food!*



RF: RAW FOOD

The enzymes and vitamins are sensitive to temperatures above 48°C, dying above 54°C. That's why all the dishes marked with RF are raw or have been dehydrated at a temperature below 48°C, in order to maintain all their nutritional properties intact.



PB: PLANT-BASED

All the dishes marked with PB are elaborated using only veggie-based ingredients. Plants, vegetables, fruits, nuts and seeds, in their natural state, have the largest amount of vitamins, nutrients and enzymes in nature.



GF: GLUTEN FREE

Every gluten-free dish is marked with GF. This means that all these dishes are flour free or contain other kinds of gluten-free flours (Quinoa, Almond, Buckwheat, Coconut...).



OF: OILY FISH

Dishes marked with OF contain Oily Fish. Those Fish contain big amounts of Omega-3 Essential Fatty Acids and its nutritional benefits have been widely proved.

FLAX&KALE
—→ QUINA FLEXITERIANA ←—

If you're allergic or intolerant to any kind of food,
please notify us immediately.

HEALTHY HOUSEMADE BAKERY



VEGAN PEAR-CHOCOLATE MUFFIN | 2,95€

housemade caramelized pear and chocolate muffin



SPELT CROISSANT | 2,50€

spelt flour croissant with non-hydrogenated margarine



VEGAN COOKIE | 2,50€

housemade cookie with raw chocolate chips



GF QUINOA-BLUEBERRY MUFFIN | 2,95€

quinoa and blueberry muffin



GF MAPLE-GLAZED DOUGHNUT | 2,95€

non-fried almond flour doughnut glazed with maple syrup



GINGER-TURMERIC DOUGHNUT | 2,95€

almond flour doughnut + ginger + pistachios + goji berries

NEW



GF BLACK WALNUT & BANANA CUPCAKE | 3,95€

gluten free walnut and banana cupcake with chocolate cover

NEW



CARROT COCONUT CUPCAKE | 3,95€

buckwheat flour + carrot + apple + walnuts + coconut cream

NEW

HEALTHY INDULGENCES



MOSKITO | 3,50€

buckwheat flour + *cashews mascarpone* + chocolate plant-based cover

NEW



COCO CHIA | 3,50€

chia and coconut cream + almonds + raw chocolate

NEW



PINK LADY | 3,50€

buckwheat flour + cashew and lemon cream + beetroot + plant-based white chocolate

NEW



ENERGY SPICY BAR | 2,50€

almonds + walnuts + raw cocoa + cayenne + pistachios + goji berries

NEW



SUPERFOOD PROTEIN BALLS | 2,00€

1_RASPBERRY & RICE PROTEIN STICK BALL: macadamia nuts + lyophilized raspberry + rice protein + cashews + date + almonds // 2_MATCHA & PEA PROTEIN STICK BALL: tea matcha + pistachios + pea protein + cashews + date + almonds // 3_ORANGE & HEMP PROTEIN STICK BALL: orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds

NEW

EASY BREAKFAST



GOOD MORNING TOAST | 2,95€

6 cereals whole wheat bread* + organic margarine + teresa's housemade marmalade

*replace the toast with a spelt croissant



MARKET FRUIT SALAD | 4,95€

seasonal fresh fruit salad according to market availability



AVOCADO TOAST | 4,95€

whole wheat sliced bread + avocado + lemon + cayenne pepper + flax + chia + sal



FUNGHI COCONUT TOAST | 7,95€

seasonal funghi mix + white wine + coconut cream + thyme + black truffle

HEALTHY BOWLS



ROYAL COCONUT MILK PARFAIT | 5,95€

housemade coconut milk yogurt + housemade granola + seasonal fruits + berries



TERESA'S INNOVATIVE PLANT-BASED YOGURT | 5,95€

NEW

cashews + papaya + goji berries + raw buckwheat granola + berries + hempseeds



AÇAÍ BOWL | 8,95€

NEW

açaí do brasil + banana + blueberries + housemade brasilian chestnuts crumble + agave syrup + hemp seeds + goji berries + strawberries + cashew milk



AÇAÍTELLA BOWL | 8,95€

NEW

açaí do brasil + raw cocoa + housemade hazelnut cream + gluten free crumble + kiwi + strawberries + banana + turmeric dressing



PINK PITAYA BOWL | 8,95€

NEW

banana + red pitaya + pear + housemade almond milk + coconut sugar + crunchy raw granola with buckwheat and marcona almonds + chia seeds + coconut shavings

BRUNCH SPECIALS



FLAX & KALE'S HEALTHY PANCAKES | 8,50€

red quinoa + soya milk + free range eggs + vainilla + olive oil + blueberry soya yogurt + fresh blueberries + maple syrup



SAVOURY PANCAKES | 13,00€

NEW

gluten-free pancakes (almond flour + buckwheat + red quinoa + corn + chinese little onions + turmeric) + boletus + rocket + tomato + *picos de gallo* + avocado + cashews sour cream + adzuki beans + poached egg



CHIA FLAX BAGEL | 5,95€

whole wheat bagel with flax and chia + plant-based cheddar + arugula + tomato + grilled tempeh + plant-based creamy cheese



SCANDOL SCRAMBLE | 9,00€

scrambled free range eggs* + assorted mushrooms + spinach + tomato + green garlic + feta cheese + carrots + 6 cereals whole wheat bread
* *only egg whites (+2€)*



HEALTHY VEGGIE EGGS BENEDICT | 12,50€

housemade english muffin + boletus edulis + spinach + free range poached runny eggs + plant-based truffled hollandaise sauce + roasted seasonal veggies



HEALTHY EGGS ROYALE | 14,50€

housemade english muffin + marinated salmon from Alaska + free range poached runny eggs + plant-based curry hollandaise sauce + roasted seasonal veggies

TO NIBBLE & STARTERS



KALE CHIPS | 3,85€

housemade dressed and dehydrated kale chips



TERESA'S PALEO BREAD | 7,50€

NEW

housemade paleo bread (almond flour + potato starch + pumpkin seeds + dried tomatoes + carrot + zucchini + basil + egg) + housemade 'No Matter with our Batter' (marcona almonds + coconut oil + chive butter) + housemade grape chutney with a touch of thyme



GRILLED WATERMELON | 4,50€

grilled watermelon + goat cheese + mizuna + mustard leaves + marcona almonds + sweet mint sauce



TERESA'S STAIRWAY CRUNCHY FISH TACO | 4,50€

NEW

nixtamalized corn flour crunchy tortilla + yellowfin poke tuna dice + white cabbage + coriander + spring onion + housemade pink sauce with chipotle + avocado + sesame seeds



SALMON SASHIMI TOAST | 8,95€

Alaska wild salmon sashimi + 5 cereals whole grain spelt bread + green peas cream + mint + grated lemon peel



FLATBREAD EGGPLANT SARDINE | 9,95€

crunchy spelt flatbread + smoked eggplant + mizuna + grilled sardine + red grape + dry tomato



BTT: BEET TUNA TARTAR | 13,50€

tuna and beetroot tartar + avocado + seeds + sprouts



HEALTHY MEZZEPLATTER | 17,50€

spelt, chia and flax cracker + beetroot and seeds cracker + kale cracker + black hummus with activated charcoal + green hummus with spinach, arugula and coriander + orange-colored hummus with pumpkin and turmeric + quinoa and Teresa's vegan foie 'meatballs' + Teresa's mezzeplater kale salad + raw veggies mini-crudités

**Sharing dish*

LEAFY GREENS



TERESA'S FAVOURITE KALE SALAD | 11,00€

organic kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + special Teresa's citrus dressing (olive oil + lemon + syrup agave + garlic and onion powder + chipotle)

**Add anchovy fillets with garlic and parsley (+3€)*



RAW SUPERBOWL | 13,50€

NEW

leafy greens + coleslaw raw hummus + orange betacarotene hummus + zucchini tagliatelle with a turmeric pesto + cucumber asazuke + cherry tomatoes with Basil pesto + red cabbage sauerkraut + sprouts



ROASTED CARROTS & AVOCADO SALAD | 10,00€

grilled and dressed carrots + avocado + mixed greens and sprouts + tofus mató + sunflower seeds + lemon and orange sauce

SOUPS & CREAMS



KALE DREAM CREAM | 7,50€

NEW

leek + onion + potato + kale + thyme + *kale chips*

FLAX & KALE
→ CUINA FLEXITERIANA ←

GF: Gluten Free
RF: Raw Food

PB: Plant Based
OF: Oily Fish



10% VAT included

HEALTHY PASTA



SPAGHETTINI PBGF | 12,50€

plant-based gluten free spaghetti made with rice + mixed seasonal mushrooms + leeks and chile velouté + field wild herbs + coriander + stir-fried vegetables



ORANGE IS THE NEW HEALTHY CUORE | 12,50€

spelt & turmeric ravioli filled with beta carotenes (carrot, sweet potato, pear, maca, nutritional yeast, almonds flour) + pumpkin soft sauce

TERESA'S SPECIALITIES



RAW ZUCHINNI BLOSSOMS | 14,00€

raw zucchini blossoms filled with cashews and macadamia cream, dried tomato and basil + green peas + green beans + carrot + corn + guacamole + *picos de gallo* + *salmorejo* + goji berries + radishes



SALMON FISHING IN ALASKA | 19,50€

slow-baked wild salmon from Alaska + quinoa salad + citrus and Algerri herbs sauce



TUNA LOVES WASABI BURGER | 15,50€

whole grain bread with activated charcoal and white sesame + + tuna burger patty with scallion, ginger and wasabi mayonnaise + roasted carrots



NO DIGAS TACOS | 15,50€

housemade nixtamalized corn tacos + the genuine guacamole + sautéed aubergine, shiitake and white cabbage + *picos de gallo* + cashews sour cream



TERESA CARLES BEST VEGGIE BURGER | 14,50€

seasonal veggies and soya burger + mango vinaigrette + stir-fried vegetables + roasted seasonal veggies



SALMON MINI BURGERS | 16,50€

housemade Alaskan wild salmon patties + whole grain spelt bread with beetroot cold-pressed juice + roasted sweet potato + vegan old mustard mayonnaise

HEALTHY KIDS OPTIONS

SUPERKIDS | 9,95€ (PB)

seasonal veggies and soya burger + ecologic ketchup +
kale chips + brown rice + stir-fried vegetables

JACK SPAGHETTINI SPARROW | 9,95€ (GF)

rice spaghetti + housemade tomato sauce + quinoa balls
+ parmesan cheese

FINDING QUINOA NEMO | 10,95€ (OF)

quinoa with vegetables + Alaska wild salmon dice + mixed
leafy greens + housemade colorful crackers

Here we leave you some quick descriptions of different ingredients and cooking processes.

If you have any questions, please ask to your writer. We will be glad to help!

| MIZUNA: A species of leafy green with a refreshing taste reminding mustard, which is fairly spicy and a bit sweet.

| CHIA: A flowering plant, whose seeds are an excellent source of fiber and antioxidants, calcium, proteins and fatty acids omega-3.

| FLAX: A type of flowering plant, whose seeds contain a large amount of dietary fiber and they are one of the richest vegetable sources of omega-3

| KALE: Vegetable belonging to the cabbage's family. It is rich in calcium, Vitamins A, C and K, minerals, antioxidants and fiber. It is considered one of the world's healthiest foods.

| ACTIVATED CHARCOAL: Activated charcoal is the result of carbonizing and activating vegetable substance. Due to its microporosity, it absorbs and later expels from our organism all the detrimental substances.

| SORREL LEAVES: A species of flowering plant composed mainly of Vitamin C and betacarotenes, and also rich in minerals such as potassium, magnesium and iron.

| SEA BUCKTHORN: Bush whose fruit is an organish yellow berry, sweet tasting and a little bit acid. It is antioxidant, due to its high contents of Vitamin C.

| COLD-PRESSED: Grinded at low RPM and cold pressed. This way, the Vitamins, enzymes and nutrients are preserved and the oxidation is delayed

| SPIRULINA: Spiral unicellular seaweed very rich in proteins, nutrients, vitamins and minerals.

| TURMERIC: Orangish yellow root that belongs to the ginger family and have antioxidant and anti-inflammatory properties.

| MACA: Plant root from the Andes which increases strength and resistance, improves sport performance and increases fertility and libido.

| NUTRITIONAL YEAST: A variety of yeast which provides a great amount of Vitamin B12, a type of vitamin found only in animal origin food.

Moreover, it is gluten and sugar free.

| GOJI BERRIES: Native to Himalaya, they are very rich in fitonutrients, antioxidants and vitamins, therefore they improve health, longevity, sight and other organs functioning.

| QUINOA: Pseudocereal that contains the 8 essential amino acids, it is rich in vitamins and minerals and has few fats. In addition, it is gluten free.

| CRIMINI MUSHROOMS: Mushrooms with a darker cap, a firmer texture and a deeper and more intense flavor. They are low in calories and rich in alimentary fiber and Vitamins B6, C and D.

| BOK CHOY: Vegetable belonging to the cabbage's family with antioxidants and anti-inflammatory properties, due to its high levels of Vitamins A, C and K, and other mineral and nutrients besides.

| NIXTAMALIZED CORN: Cooked corn in an alkaline solution. The chemical changes occurred during the process increase the amount of amino acids, phosphorus and calcium, and fiber.

| PORTOBELLO MUSHROOMS: Crimini mushrooms after a longer process of growing up. Their cap can grow up until 15 cm.

| BLACK GARLIC: Crude garlic aged by a process which increases its health benefits. It contains the 8 essential amino acids, improve the body immunity, and regularize sugar, cholesterol and lipids blood levels.

| CHLORELLA: Unicellular seaweed and an exceptional source of proteins, omega-3, carbohydrates, vitamins, minerals and chlorophyll. In fact, it is the plant that contains the Earth's biggest amount of chlorophyll.

| PICKLING: Is the process of preserving or expanding the lifespan of food by either anaerobic fermentation in brine, immersion in vinegar or in other forms of natural conservants.

ALLERGEN



GLUTEN



DAIRY



FRUIT DRIED



PEANUT



SESAME



CELERY



MUSTARD



EGGS



SO₂



SOY



FISH

























HEALTHY HOUSEMADE BAKERY											
VEGAN PEAR-CHOCOLATE MUFFIN	●				●					●	
SPELT CROISSANT	●										
VEGAN COOKIE	●		●							●	
GF QUINOA-BLUEBERRY MUFFIN			●					●			
GF MAPLE-GLAZED DOUGHNUT			●					●			
GF BLACK WALNUT & BANANA BREAD			●					●		●	
GINGER-TURMERIC DOUGHNUT			●					●		●	
CARROT COCONUT CUPCAKE			●							●	

HEALTHY INDULGENCES											
MOSKITO			●							●	
COCO CHIA			●							●	
PINK LADY			●							●	
ENERGY SPICY BAR			●		●						
RASBERRY & RICE PROTEIN BALL			●								
MATCHA & PEA PROTEIN BALL			●							●	
ORANGE & HEMP PROTEIN STICK			●								













































EASY BREAKFAST											
GOOD MORNING TOAST	●		●							●	
MARKET FRUIT SALAD											
AVOCADO TOAST	●		●		●						
FUNGI COCONUT TOAST	●		●		●				●	●	
















HEALTHY BOWLS											
ROYAL COCONUT MILK PARFAIT	●		●		●						
TERESA'S INNOVATIVE PLANT-BASED YOGURT			●		●						
AÇAÍ BOWL	●		●								
AÇAÍTELA BOWL			●								
PINK PITAYA BOWL			●		●						





































BRUNCH SPECIALS											
FLAX & KALE'S HEALTHY PANCAKES	●							●		●	
SAVOURY PANCAKES			●				●	●	●	●	
CHIA FLAX BAGEL	●		●						●	●	
SCANDOL SCRAMBLE	●	●	●		●			●			
HEALTHY VEGGIE EGGS BENEDICT	●		●					●	●	●	
HEALTHY EGGS ROYALE	●		●					●	●	●	●






























LEAFY GREENS											
TERESA'S FAVOURITE KALE SALAD											
RAW SUPERBOWL											
ROASTED CARROTS & AVOCADO SALAD											

SOUPS & CREAMS											
KALE DREAM CREAM											

TO NIBBLE & STRATERS											
KALE CHIPS											
TERESA'S PALEO BREAD											
SÍNDRIA A LA GRAELLA											
CRUNCHY FISH TACO DE TERESA'S STAIRWAI											
SALMON SASHIMI TOAST											
COCA ALBERGÍNIA SARDINA											
BTT: BEET TUNA TARTAR											
HEALTHY MEZZEPLATTER											

HEALTHY PASTA											
SPAGHETTINI PBGF											
ORANGE IS THE NEW HEALTHY CUORE											

TERESA'S SPECIALITIES											
RAW ZUCCHINI BLOSSOMS											
LA PESCA DEL SALMÓN EN ALASKA											
TUNA LOVES WASABI BURGER											
NO DIGUIS TACOS											
TERESA CARLES BEST VEGGIE BURGER											
SALMON MINI BURGERS											

HEALTHY KIDS OPTIONS											
SUPERKIDS											
JACK SPAGHETTINI SPARROW											
FINDING QUINOA NEMO											



GLUTEN



DAIRY



FRUIT DRIED



PEANUT



SESAME



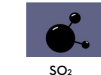
CELERY



MUSTARD



EGGS



SO₂



SOY



FISH